

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 703088

Course Name: K-3 Integrated Health Education & Physical Education

Grade level: 1



Upon course completion students should be able to:

Standards

HEALTH

Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 1.1.1. Explain the harmful effects of medicines when used incorrectly.
- 1.1.2. Describe the types of foods and beverages that should be limited.
- 1.1.3. Describe body signals that tell a person when they are hungry and when they are full.
- 1.1.4. Identify appropriate ways to express and deal with feelings.
- 1.1.5 Describe the difference between bullying and teasing and why it is harmful.
- 1.1.6 List ways to prevent harmful effects of the sun.
- 1.1.7 Identify ways to prevent the spread of disease-causing germs.
- 1.1.8 Identify people who can help when someone is injured or suddenly ill.
- 1.1.9 Describe the dangers of experimenting with tobacco.
- 1.1.10. Explain what to do if someone is being bullied.
- 1.1.11. Explain why everyone has the right to tell others not to touch his or her body.

Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 1.2.1. Explain how family influences personal health decisions and behaviors

Standard 3

Access valid information, products and services to enhance health.

- 1.3.1. Identify roles and responsibilities of school and community health care helpers.
- 1.3.2. Identify trusted adults within your family and the school responsible for keeping you healthy.

Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 1.4.1. Demonstrate effective active listening skills.
- 1.4.2. Explain how to effectively communicate needs, wants and feelings in healthy ways.
- 1.4.3. Describe appropriate ways to respond to an unwanted, threatening or dangerous situations.
- 1.4.4. Identify a trusted adult with whom to share needs, wants and feelings.
- 1.4.5. Identify positive behaviors to show concern for others.

Standard 5

Use decision-making skills to enhance healthy behaviors.

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- 1.5.1. Identify a health-related situation that requires decision-making skills.
- 1.5.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.
- 1.5.3. Identify types of situations when health-related decisions must be made.

Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 1.6.1. Identify goals for positive physical, mental and emotional health.
- 1.6.2. Identify steps needed to reach a goal.
- 1.6.3. Describe how others can help achieve goals.

Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 1.7.1. Describe personal health habits that promote healthy living.
- 1.7.2. Identify and demonstrate ways to prevent the spreading of disease and other health risks.
- 1.7.3. Identify positive health behaviors regarding personal wellness, physical activity and safety.

Standard 8

Advocate for personal, family and community health.

- 1.8.1. Identify healthy behavior choices for self, family and friends.

PHYSICAL EDUCATION

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 1.1.L1. Perform a variety of locomotor movements using different body parts.

Non-Locomotor

- 1.1.NL1. Perform a variety of non-locomotor skills, using different body parts at different levels.

Body Management

- 1.1.BM1. Perform a variety of balances using different body parts.
- 1.1.BM2. Transfer weight from one body part to another with control.

Manipulative Skills

- 1.1.MS1. Demonstrate manipulative skills with a variety of objects using appropriate performance cues.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

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Space

- 1.2.SP1. Recognize the difference between personal and general space.

Pathways, Shapes and Levels

- 1.2.PS1. Travel with objects, demonstrating a variety of pathways, levels and relationships to their environment.

Speed, Direction and Force

- 1.2.SD1. Differentiate between fast and slow speeds as well as light and strong force.

Strategy

- 1.2.ST1. Apply a variety of simple tactics to increase chances of success while exploring physical activities

Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 1.3.PA1. Identify reasons for participating in daily physical activity.

Physical Fitness Knowledge

- 1.3.PF1. Identify the recommended amount of physical activity for children.
- 1.3.PF2. Relate intensity to increased heart rate and muscle endurance.

Nutrition

- 1.3.N1. Differentiate between healthy and unhealthy foods.

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 1.4.SW1. Work with others independently in a variety of physical activity settings.

Rules and Etiquette

- 1.4.RE1. Recognize and follow the rules, protocols and etiquette in physical education.

Safety

- 1.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.

Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 1.5.H1. Acknowledge the health benefits of participating in physical activities.

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Challenge

- 1.5.C1. Recognize that challenge in physical activity can lead to success.

Self-Expression and Enjoyment

- 1.5.SE1. Describe positive feelings that result from participating in physical activities.

Social Interaction

- 1.5.SI1. Recognize personal likes and dislikes regarding participation in physical activities with others. Advocacy
- 1.5.A1. Explore opportunities that encourage others to be physically active.